**Historic, archived document**

Do not assume content reflects current scientific knowledge, policies, or practices.

Homemaker News
EXCLUSIVE TO STATE EXTENSION EDITORS
U. S. D. A. PRESS SERVICE, OFFICE OF INFORMATION, AND EXTENSION SERVICE

VERTICAL FILE
MISCELLANEOUS MATERIAL
AUG 11 1937
O. E. S. LIBRARY

No. 176 June 30, 1937.

1.9
Ju 31 2+

CAN ALL BEANS

UNDER PRESSURE

Fresh garden beans of any variety as well as dried beans may be canned successfully at home in either tin or glass with a pressure cooker says _____ , home demonstration agent, _____.
(name) (county)

To can snap beans, wash thoroughly and cut in pieces. Add boiling water to cover and simmer in an open kettle about 5 minutes, or until the beans are wilted and will bend without breaking. Pack hot into containers, cover with hot water, and add a teaspoon of salt to each quart. Process immediately at 10 pounds pressure. No. 2 plain tin cans require 25 minutes of processing, and No. 3 cans require 30 minutes. Pint glass jars require 30 minutes and quart jars 35 minutes.

Only young and tender lima beans are suitable for canning. Older beans are best dried. Shell and wash the young beans; then bring them to a boil in water to cover. Pack hot into glass jars, or C-enamel, or plain tin cans. Cover with hot water and add 1 teaspoon of salt to each quart. Process immediately at 10 pounds pressure. No. 2 tin cans require 40 minutes of processing, and No. 3 need 50 minutes. Pint jars need 50 minutes, and quart jars 55 minutes.

Either green or dried soybeans of any of the table varieties may be canned, but those canned green have a better flavor and color. Pick over and wash the beans. Then blanch in boiling water for 3 or 4 minutes and drain.

(more)

Pack at once into glass jars, or C-enamel, or plain tin cans. Fill the containers almost full and then cover with boiling water and add 1-½ teaspoons each of sugar and salt to each quart. Soybeans require longer processing than other green beans. No. 2 tin cans need 70 minutes and 10 pounds pressure, and No. 3 cans 85 minutes; pint jars need 80 minutes, and quart jars 90 minutes.

# # #